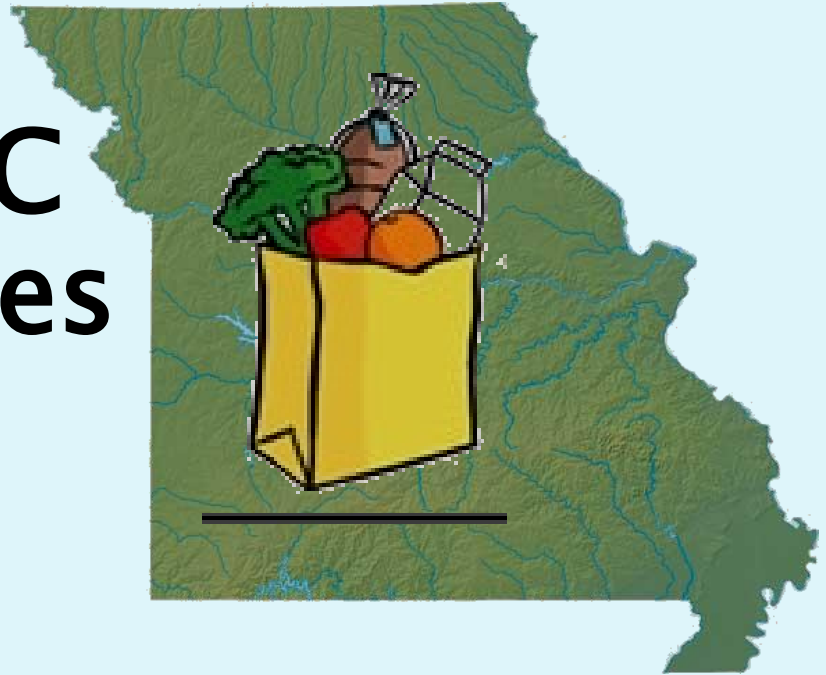


# The NEW Missouri WIC Food Packages

*Food and  
Focus!*



# Objectives

1. Identify reasons why the WIC food packages are changing.
2. Recognize the major changes to the WIC food packages.
3. Identify how has the infant food package changed.
4. Identify what extra food benefits a fully breastfeeding moms and their babies receive.
5. Identify which food items need a medical documentation from a health care provider.

# Background to WIC Food Packages ...1974



The WIC food packages were designed to supplement participants' diets with foods rich in **five** (5) target nutrients known to be lacking in the diets of the WIC target population:

**vitamins A** and **C**, **calcium**, **iron** and **protein**.

# History of WIC Foods

Since 1980, the only significant change made in the WIC food packages occurred in 1992, when the amount of foods provided for breastfeeding women was increased.





# Requests for Change

Over the years USDA received numerous requests to revise the WIC food packages.



- ♥ Advocacy groups
- ♥ Congress
- ♥ WIC Administrators
- ♥ Medical and scientific communities
- ♥ WIC Participants

# Why Revise the WIC Food Packages?

Short duration of breastfeeding



Diets lacking in whole grains, fruit and vegetables

Overweight and obesity



Shift in the ethnic composition of the WIC population

# Major Changes to WIC Foods

## ▶ New foods

- Fruits and vegetables
- Whole wheat/grain breads
- Infant foods

## ▶ New alternatives

- Soy beverage
- Tofu
- Brown rice or whole wheat tortillas
- Canned beans
- Canned fish



## ▶ New quantities

- Milk, egg, juice and cheese are reduced for women and children
- Juice is eliminated from infant packages
- Quantities of infant formula are reduced for partially breastfed and older infants

# The New WIC Food Packages....



# Reinforce Nutrition Education Messages

- ▶ “Babies are meant to be breastfed”
- ▶ “Eat more fruits and vegetables”
- ▶ “Lower saturated fat”
- ▶ “Increase whole grains and fiber”
- ▶ “Drink less sweetened beverages and juice”





# Provide Breastfeeding Incentives and Support

- ▶ Missouri WIC promotes breastfeeding as the preferred infant feeding method
- ▶ Every mother should breastfeed unless advised otherwise by a physician
- ▶ Health outcomes for both mother and infants are improved by breastfeeding...



# Health outcomes for both mother and the infant are improved by breastfeeding...

- Reduced incidence of health problems
- Decreased risk of ear infection by 75%
- Decreased risk of tooth decay
- Improved awareness and brain development
- Less colic
- Reduced allergies
- Weight loss
- Decreased risk of postpartum depression
- Reduced incidence of cancer, osteoporosis, diabetes, etc.
- Fewer complications after delivery
- Convenient and always available
- Savings of over \$1,500 on formula

Benefits of breastfeeding  
for infant

Benefits of breastfeeding  
for mom

New changes in the WIC food packages help WIC more actively **promote and support breastfeeding** through the food packages provided to participants.

- ▶ Fully breastfeeding mothers receive the most variety, largest quantity of food and a \$10 fruit and vegetable check for fruits and vegetables.



- ▶ Fully breastfed infants (6 – 12 months) receive infant meats and larger quantities of infant fruits and vegetables.

Fully Breastfeeding  
Mothers

Fully Breastfeeding  
Infants



# Section 1

## Breastfeeding Dyad

### Infant/Mother



**Mother's  
food package  
is determined  
by infant's  
feeding option**





# Food Package terminology for women's breastfeeding status

- ▶ **Fully Breastfeeding**
  - Infant receives no formula
- ▶ **Non-Breastfeeding**
  - Infant is not breastfed
- ▶ **Partially Breastfeeding**
  - Receives less than 50% of the full formula food package
- ▶ **Partially Breastfeeding > max**
  - Receives more than 50% of the full formula food package
  - Is a tailored food package and mother will not receive food benefits if infant is older than 6 months of age
  - Mother categorized as a “B” and counts in breastfeeding rates



# Fully Breastfeeding: Mom & Baby

*Infant receives no formula*

Monthly

	Birth to 5 months	6 to 11 months
Baby Gets:	Breast milk No Foods	Breast Milk  Infant cereal – 24 oz Infant fruits & vegetables – Up to 64 jars (4 oz. jars) Infant meats – Up to 31 jars (2.5 oz. jars)
Mom Gets:	36 oz breakfast cereal 1 lb. whole wheat/grain bread, tortilla or rice \$10 worth of fruits/vegetables 144 oz. juice 5 gallons low-fat milk 2 lb. cheese 1 can evaporated milk 1 lb. dry beans or 4-16 oz. can beans 18 oz. peanut butter 30 oz. canned fish 2 dozen eggs	

Mothers who are exclusively breastfeeding multiples will get  
1.5 X the Fully Breastfeeding Food Package

## Women Fully Breastfeeding Multiple Infants

Food Items	Prenatal Food Package	Food Package 1 <sup>st</sup> month	Food Package 2 <sup>nd</sup> month
Cereal	36 oz.	54 oz.	54 oz.
Juice (can or frozen)	3 x 46/12 oz. can/frozen	3 x 46/12 oz. can/frozen	6 x 46/12 oz. can/frozen
Milk – Skim thru 2%	6 gal.	9 gal.	9 gal.
Cheese	1 lb.	2 lbs.	2 lbs.
Beans /Legumes	1 lb. dry beans OR 4–16 oz. cans beans/peas	1 lb. dry beans + 2 canned beans OR 6–16 oz. cans beans/peas	1 lb. dry beans + 2 canned beans OR 6–16 oz. cans beans/peas
Peanut butter	18 oz Jar	18 oz Jar	2 x 18 oz Jar
Eggs	2 dozen	3 dozen	3dozen
Canned fish	30 oz.	45 oz.	45 oz.
Whole grain	16 oz.	2–16 oz.	16 oz.
Fruit and Vegetable Check (FVC)	\$10	\$ 15	\$ 15

# Fully Breastfeeding Food Package



# Non-Breastfeeding: Mom & Baby

Monthly

	Birth to 3 months	4 to 5 months (food pkg. I)	6 to 11 months (food pkg. II)
Baby Gets:	Up to 9 cans of powdered formula (Up to 870 oz. of reconstituted)	Up to 10 cans of powdered formula (Up to 960 oz. of reconstituted)	Up to 7 cans of powdered formula (Up to 696 oz. of reconstituted)  Infant cereal-24 oz. Infant fruits & vegetables – up to 32 jars (4 oz. jars)
Mom Gets:	36 oz. breakfast cereal \$8 worth of fruits and vegetables 2-46 oz. canned/12 oz. frozen 3 gallons of low-fat milk 1 can evaporated milk 1 lb. of dry beans or 4-16 oz. can beans or 18 oz of peanut butter 1 dozen eggs		Mother no longer eligible for the WIC program



# Non-Breastfeeding Food Package



# New Food Packages for Partially Breastfeeding Infants

- ▶ Partially breastfed infants receive less infant formula **to allow mothers to feed more breast milk** to their infants.
- ▶ No routine issuance of formula in first month to help mother maintain milk supply
- ▶ Breastfeeding moms with infants over 6 months of age receiving more than  $\frac{1}{2}$  the amount of formula in an infant formula food package:
  - No longer receive food for themselves
  - Are counted as participating on the WIC program as breastfeeding women
  - Are given support and education to continue breastfeeding



# Partially Breastfeeding – Mom & Baby $\leq$ max

Monthly

	Birth to 1 month	2 to 3 months	4 to 5 months	6 to 11 months (food package II)
Baby Gets:	Breast milk only to establish milk supply	Up to 4 cans of powder formula (Up to 435 oz. of reconstituted )	Up to 5 cans of powder formula (Up to 522 oz. of reconstituted)	Up to 4 cans of powder formula (Up to 384 oz. of reconstituted )  24 oz. infant cereal Up to 32 jars of infant fruits & vegetables (4 oz. jars)
Mom Gets:	Mother receives the Fully Breastfeeding Food Package	36 oz. breakfast cereal 1 lb. whole wheat bread \$8 worth of fruits/vegetables 3–46 oz. canned/ 12 oz. frozen juice 4.5 gallons low-fat milk 12 oz. can of Evaporated Milk 1 lb. of cheese 1 lb. dry beans or 4–16 oz. can beans 18 oz. peanut butter 1 doz. eggs		

*Receives less than 50% of the full formula food package*

# Partially Breastfeeding Food Package



# Partially Breastfeeding: Infant who receives > maximum

Monthly

	Birth to 1 months	2 to 3 months	4-5 months	6 to 11 months
Baby Gets:	Breastmilk 1 – 8 cans of powder formula	Breast milk 5 – 8 cans of powdered formula	Breastmilk 6 – 9 cans of powdered formula	Breastmilk 5-6 cans of powered formula  Infant cereal-24 oz. Infant fruits & vegetables – up to 32 jars (4 oz. jars)
Mom Gets:	36 oz. breakfast cereal \$8 worth of fruits and vegetables 2-46 oz. canned/12 oz. frozen juice 3 gallons of low-fat milk 1 can of evaporated milk 1 pound of cheese 1 lb. of dry beans or 4-16 oz. of can beans or 18 oz of peanut butter 1 dozen eggs			Mother no longer eligible for the WIC program



# Partially Breastfeeding > Max Food Package





## Section 2

### Foods for Infants Starting at 6 months

# Changes to the infant food package

- ▶ Infant cereal provided at 6 months
- ▶ No juice for infants
- ▶ Infant food provided at 6 months:  
**Fruit, vegetables, meats\***
- ▶ Maximum allowances of formula for partially breastfed infants
- ▶ More food benefits for the breastfeeding dyad

\*Only issued to a fully breastfed infant



# Infant Cereal

- ▶ Approved sizes:
  - 8 or 16 oz. box
- ▶ Approved varieties:
  - Rice, Barley, Oatmeal, Mixed and Multi Grains
- ▶ Approved brands:
  - Beech-nut, Gerber and Nature's Goodness



## Not allowed:

- Added DHA and/or ARA
- Organic products
- Added fruit



# Infant Fruits

- ▶ Approved size:
  - 4 oz. jars only
- ▶ Approved types:
  - Single ingredient commercial infant fruit
  - Texture may range from strained through diced
- ▶ Approved varieties:
  - Applesauce, apricots, bananas, pears and peaches
- ▶ Approved brands:
  - Gerber, Nature's Goodness, Beech-Nut and Hy-Vee



## Not allowed:

- Mixed fruits
- Added sugars or salt
- Added DHA and/or ARA
- Organic products
- Two pack packages or any multiple packs



# Infant Vegetables

- ▶ Approved sizes:
  - 4 oz. jars only
- ▶ Approved types:
  - Texture can be strained through diced
- ▶ Approved varieties:
  - Sweet potatoes, squash, carrots, green beans and peas
- ▶ Approved brands:
  - Gerber, Nature's Goodness, Beech-Nut and Hy-Vee



## Not allowed:

- Mixed vegetables
- Added sugars or salt
- Added DHA and/or ARA
- Organic products
- Two pack packages or any multiple packs

# Infant Meats

- ▶ Approved sizes:
  - 2.5 oz. jars only
- ▶ Approved types:
  - Added broth or gravy
  - Pureed through diced
- ▶ Approved varieties:
  - Beef, chicken, ham, lamb, turkey and veal
- ▶ Approved brands:
  - Gerber, Nature's Goodness and Beech-Nut

ONLY ISSUED TO A  
FULLY BREASTFED  
INFANT



Not allowed:

- Added sugars or salt
- Added DHA and/or ARA
- Organic products



## Section 3

### Approved Food for Children and Women

# Children 12-23 Months

## Default Food Package



2-64 oz. containers of juice

3 gallons of whole milk

1 pound of cheese

1 can of evaporated milk

1 dozen eggs

# 36 oz. breakfast cereal

2 (16-oz.) packages of whole wheat/grain bread, brown rice, whole wheat tortilla, or soft corn tortilla

1 pound of dry legumes or 4–16 oz.  
canned beans or 18 oz. peanut  
butter

\$ 6 fruit and vegetable check



# Milk Choices 12–23 Months



- ▶ Approved amount:
  - 4 gallons (16 quarts)
- ▶ Approved varieties:
  - Whole Cow Milk
  - Whole Evaporated Milk
  - Lactaid Whole Milk
  - Whole Evaporated Goat Milk



# Children 24 – 59 Months



## Default Food Package

- 2–64 oz. containers of juice
- 3 gallons of reduced-fat milk
- 1 pound of cheese
- 1 can of evaporated milk
- 1 dozen eggs
- 36 oz. breakfast cereal
- 2 (16-oz.) packages of whole wheat/grain bread, brown rice, whole wheat tortilla, or soft corn tortilla
- 1 pound of dry legumes or 4–16 oz. canned beans or 18 oz. peanut butter
- \$ 6 fruit and vegetable check

# Reduced Milk and Dairy Allowances

Reduced quantities of milk and cheese for children and women to align with 2005 Dietary Guidelines for Americans.



# Milk Choices 24–59 Months



- ▶ Approved amount:
  - 16 quarts
- ▶ Approved varieties:
  - Cow Milk (skim thru 2 %)
  - Evaporated Low Fat Milk
  - Non–Fat Dry Milk
  - Cultured Buttermilk
  - Lactaid (skim thru 2%)

# Milk Choices for Women



Issuance of ½ gallons is allowed  
for prenatal and partially  
breastfeeding women only

- ▶ Approved amount:
  - Based on program category
- ▶ Approved varieties:
  - Cow Milk (skim thru 2 %)
  - Non-Fat Dry Powder
  - Cultured Buttermilk
  - Lactaid (skim thru 2%)
  - Evaporated Low Fat Milk

# Milk choices

No Medical Documentation Required

Approved Milk	Approved Sizes
Milk Skim – 2%	Gallon
Milk Skim – 2%	½ gallon (only for Food Package V)
Cultured Buttermilk	Quart
Non-Fat Dry Milk	Quart (8 oz. box)
Lactaid Low Fat Milk	½ gallon
1% Nutrish a/B Acidophilus Milk	½ gallon
Evaporated Low Fat Milk	12 oz Can

Milk choices which are eliminated due to not being available statewide are: Dairy Ease (whole and skim thru 2 %) and low-fat Goat milk (fresh and canned).



# Cheese



- ▶ Approved size:
  - 8 or 16 oz.
- ▶ Approved types:
  - Block, Natural or Domestic
- ▶ Store brand only
- ▶ Approved Varieties:
  - American, Cheddar, Colby, Colby Jack, Monterey Jack and Mozzarella Cheese
- ▶ With medical documentation additional cheese can be provided

# Peanut Butter

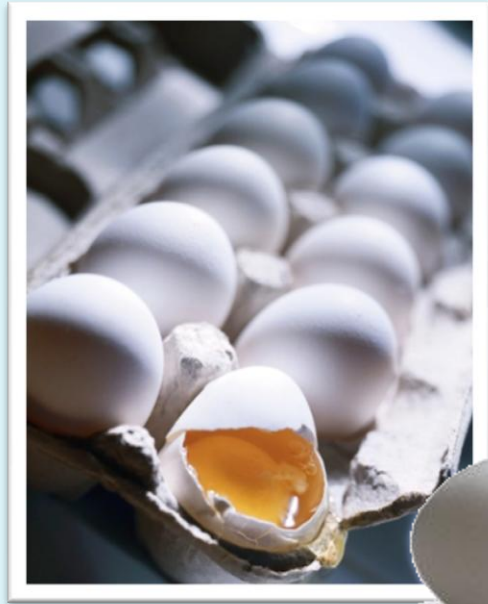
- ▶ Approved size:
  - 18 oz jar
- ▶ Approved varieties:
  - Regular or creamy
  - Smooth
- ▶ Store brand only



## Not allowed

- Crunchy
- Low fat
- Low salt/sodium
- Organic
- Mixtures with jam, jellies or honey

# Reduced Quantities of Eggs



Reduced quantity of eggs  
to align with  
2005 Dietary Guidelines for  
Americans.



# Eggs

- ▶ Approved size:
  - Large
  - White eggs
  - Grade A or AA
- ▶ One dozen package
- ▶ Any store brand



Not allowed  
Low cholesterol  
Organic  
Brown  
Specialty

# Require Whole Grain Cereals



EAT 48g OR MORE OF  
WHOLE GRAINS DAILY

- ♥ At least half of the cereals on a State agency's food list must be whole grain.



# Breakfast Cereals

- ▶ Approved amount:
  - 12 to 36 oz. bag or box
  - Mix and match up to 36 oz. per month
- ▶ Approved varieties:
  - Whole Grain
    - Whole grain is the primary ingredient by weight
  - Rice-based
  - Corn-based



# Rice Chex

- ▶ General Mills
  - Gluten Free
- ▶ Approved only for participants with risk factors:
  - 353 (Food Allergies) and/or
  - 354 (Celiac Disease)
- ▶ Medical documentation is not required
- ▶ CPA issuance required



# Whole Grain Selections

- ▶ Brown Rice  
or
- ▶ Whole Wheat Bread  
or
- ▶ Whole Wheat Tortilla  
or
- ▶ Soft Corn Tortilla



# Benefits of Whole Grains

Three servings per day to:

- ♥ Reduce the risk for Coronary heart disease and type 2 diabetes
- ♥ Help maintain a healthy body weight
- ♥ Increase dietary fiber





# Whole Wheat/Grain Bread

- ▶ Approved size:
  - 16 oz. loaf
- ▶ Approved varieties:
  - Wonder – 100% Soft Whole Wheat
  - Best Choice – 100% Whole Wheat
  - Blue Bunny – 100% Whole Wheat
  - Healthy Life – 100% Whole Wheat Grain



## Not allowed:

- Wraps or flatbreads
- Buns and rolls
- Any other brands



# Whole Wheat & Soft Corn Tortillas

- ▶ Approved size:
  - 16 oz. package
- ▶ Approved brands:
  - Whole Wheat Tortillas
    - Best Choice – 100% Whole Wheat
    - Chi-Chi's Whole Wheat Fajita style
    - Hy-Vee – Whole Wheat
    - Manny's Whole Wheat
  - Corn Tortillas
    - Best Choice – Corn



## Not allowed:

- Organic
- Seasoned
- Flavored
- Any other brands

# Brown Rice

- ▶ Approved size:
  - 16 or 32 oz. packages
- ▶ Store brands only
- Approved types:
  - Regular
  - Short or long grain



## Not allowed

- Seasoned
- Organic
- Ready-to-Eat (Microwaveable)
- Ready-to-Boil (Boil in Bag)
- Instant
- Individual Servings or pouches

# Reduce Juice Allowance for Children and Women

Amounts align with the  
2005 Dietary Guidelines  
for Americans and  
recommendations of  
the American Academy  
of Pediatrics



# Juice for Children



- ▶ Ready-To-Serve juices (non-refrigerated) in 64 fluid ounce containers are approved
- ▶ Any store brand ORANGE juice (refrigerated and non-refrigerated) in 64 fluid ounce containers is allowed
- ▶ Total amount issued 2–64 oz. containers

# Juice for Women

- ▶ Ready-To-Serve
  - 46 fluid oz. can
- ▶ Frozen
  - 12 oz. can
- ▶ Approved store brands
- ▶ Approved varieties:
  - Refer to approved food list
- ▶ Total issued 3 depending on program category





# Dry Beans and Peas

- ▶ Approved size:
  - 16 oz bag
- ▶ Approved varieties:
  - Any variety of plain, mature, dry beans, peas or lentils
  - Mixed dried beans and peas
- ▶ Any store brand

## Not allowed

- Additives
- Organic
- Flavors/Seasonings



# Other Changes...

- ▶ Add legumes
- ▶ Add new canned fish for fully breastfeeding women
- ▶ Add new milk and dairy alternatives



# Add Legumes

- ▶ Adds legumes (beans or peanut butter) to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.
- ▶ Allows canned beans to be substituted for dried beans for all children and women.



# Canned Legumes (Beans/Peas)

- ▶ Approved size:
  - 16 oz. cans
- ▶ Approved varieties:
  - Kidney, Garbanzo, Pinto and Red
- ▶ Approved Brand:
  - Bush's Best Brand



Not allowed

- Seasoned
- Organic
- Added ingredients

# Add New Canned Fish for Fully Breastfeeding Women

- ▶ Continues to allow canned light tuna (no albacore)
- ▶ Allows other canned fish identified as lower in mercury
  - Salmon
  - Sardines





# Canned Fish



## Fully Breastfeeding Women

- ▶ Tuna
  - Any brand
  - 5 and 6 oz. cans
  - Water packed only
  - Chunk, solid or grated
- ▶ Pink Salmon
  - Any brand
  - 5, 6, 7.5 oz. cans
  - Water packed only
- ▶ Sardines
  - Any brand
  - 3.75 oz. cans
  - Water or soybean oil packed

# Add New Milk and Dairy Alternatives

- ▶ Tofu
- ▶ Soy-based beverage

Medical documentation is required for children to receive soy-based beverage and tofu as alternatives to milk.



# Tofu

- ▶ Approved textures:
  - Soft, firm, extra firm
  - Blocks only
- ▶ Approved brands:
  - Mori–Nu (12 – 12.3 oz.)
    - Silken Tofu (Soft, Firm and Extra Firm)
    - Silken Lite Tofu (firm)
    - Organic Silken tofu (firm)
  - Azumaya Brand (14 oz. firm)
  - NaSoya Brand (14–16 oz.)
    - Firm or Silken Organic



- Not allowed
- Added flavors and sauces
  - Cubed Tofu

# Soy milk

- ▶ Soy milk for children (12–59 months old) with medical documentation
  - Women do not require medical documentation for issuance
- ▶ Half-gallon container
- ▶ Approved brand:
  - 8<sup>th</sup> Continent Original



# Add Fruits and Vegetables


- ▶ Fruit and Vegetable  
Check FVC for fruits and vegetables for children and women
- ▶ Participants may choose from a wide variety of fruits and vegetables
- ▶ Fresh and frozen allowed



Children .....	\$6.00
Pregnant Women .....	\$8.00
Pregnant Women Carrying Multiples.....	\$10.00
Partially Breastfeeding Women.....	\$8.00
Non-Breastfeeding Women.....	\$8.00
Fully Breastfeeding Women .....	\$10.00
Fully Breastfeeding Multiples .....	\$15.00



# Fruit and Vegetable Check

PARTICIPANT # 60056689	LAST NAME DAY	FIRST NAME DORIS	AGENCY # 12345	PHONE # 573-555-9876
 <b>MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES WIC PROGRAM</b>		UNITED COMMUNITY BANK MARIETTA, GA 66-1568 611		DOLLARS <b>VOID</b> CENTS PAY EXACTLY
PAY TO THE ORDER OF ANY AUTHORIZED MISSOURI WIC VENDOR ONLY		MAXIMUM PURCHASE PRICE MUST NOT EXCEED 6.00		FIRST DATE TO USE 3/19/2009 DATE USED LAST DATE TO USE 4/18/2009
VALID ONLY FOR THE PURCHASE OF:				
QTY	DESCRIPTION			
\$6.00	FRESH AND/OR FROZEN FRUITS/ VEGETABLES			
XXX END OF ORDER XXX				
VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE DATE				
<b>VOID</b>				
PLACE MISSOURI WIC STAMP ABOVE PARTICIPANT'S SIGNATURE				
<b>VOID</b>				

# Fruits: Fresh or Frozen

## ▶ Fresh

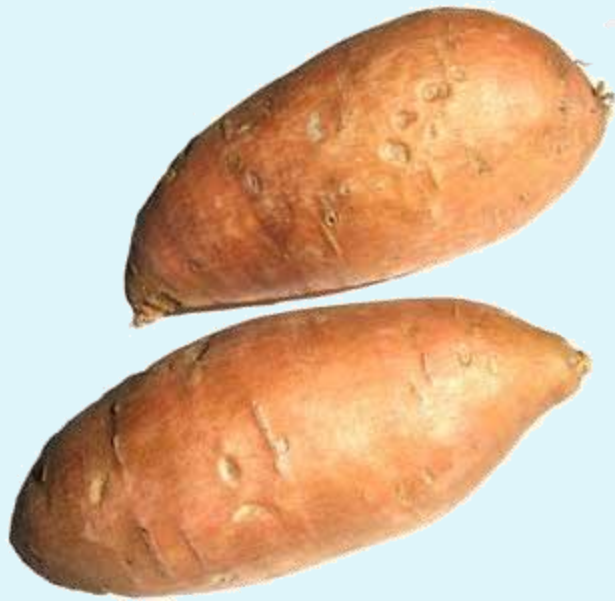
- Any variety of fresh whole or cut
- Fruits packed in juice or with added fruit juice concentrate

## ▶ Frozen

- Any brand, type and package size
  - Any plain fruit, plain fruit mixtures
    - Any frozen fruit with fruit juice, water or artificial sweeteners (e.g. Splenda)



# Vegetables: Fresh or Frozen



## ▶ Fresh

- Any variety of fresh whole or cut
- Yams and sweet potatoes, garlic and ginger, bagged lettuce and salad greens (without dressing)

## ▶ Frozen

- Any brand, type and package size

# SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

## SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

This shopping guide is to assist you in getting the most for your WIC fruit and vegetable check. Use this shopping list to keep track of your fruit and vegetable purchases. When choosing fruits or vegetables that are priced by the pound, please complete the following steps:

- Place the item on the scale in the produce section..
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item based on this chart below.
- Write the item and price on this shopping list.

When you get to the check out counter, sort your foods. First, be sure to place the fresh fruits and vegetables on the conveyor belt or counter, then follow with the frozen fruits and vegetables.

**REMINDERS:**

1. More than one WIC check for fruits and vegetables may be added together for one WIC sale. Other WIC food checks must be rung up separately.
2. Your fruit and vegetable purchases must be the amount of the WIC check (\$6, \$8, or \$10) or less. You may NOT pay the difference if your purchases exceed the WIC check amount. You may have to return some item(s) to reduce the amount of the sale to the amount of the WIC check or less.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.	4½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.00
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	7.73	9.27	10.82	12.36	13.91
3.19	3.19	4.79	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

SHOPPING LIST			
Fresh Produce Priced by the Pound (Will need to be weighed)			
Item	Price by Pound		
_____	_____		
_____	_____		
_____	_____		
_____	_____		
_____	_____		
Estimated Total:		_____	
Fixed Price – Fruits & Vegetables			
Item	Price	Quantity	Total
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
Estimated Total:		_____	
Frozen Fruits & Vegetables			
Item	Price	Quantity	Total
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
_____		x _____	= _____
Estimated Total:		_____	
Estimated Grand Total: _____			



WIC IS AN EQUAL OPPORTUNITY PROVIDER

#1004 (06-



# WIC Approved Food List

## For Women and Children

### Milk

#### Allowed

- Any brand
- Reduced/Low Fat milk (skim, 1%, 1%, 2%)
- Whole milk (if printed on WIC check)
- Plastic container size as printed on WIC check
- Cultured buttermilk (quart size)
- Evaporated milk, store brand only (12 oz can)
- Non-fat, dry milk, store brand only (8 quart box)

#### Not Allowed

- Filled milk
- Flavored milk
- Organic milk
- Substitutions
- Sweetened condensed milk

### Specialty Milk

- Type and size will be printed on WIC check

### Cheese

#### Allowed

- Store brand only, block, natural, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella
- Cheeses part skim or whole (8 or 16 oz)
- Store brand sliced American cheese only

#### Not Allowed

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic

## Eggs

#### Allowed

- Large, white, grade A or AA (1 dozen package)

#### Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

## Dry Beans & Peas

#### Allowed

- Any variety of plain, mature dried beans, peas or lentils (16 oz package)
- Store brand only

#### Not Allowed

- Organic products
- Additives or flavors

## Peanut Butter

#### Allowed

- Smooth, creamy or regular, store brand only (18 oz jar)

#### Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Low salt/sodium peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

## Canned Beans

- Bush's Best brand (16 oz can) only
- Garbanzo, Kidney, Pinto, and Red Beans



## Whole Wheat/Whole Grain Breads



## Whole Grain Tortillas



## Brown Rice

- Whole unprocessed grain
- 16 or 32 oz store brand packages
- No instant rice



## Soymilk

(issued if meets criteria)

- 8th Continent
- Original Plain
- Half gallon only
- No flavored



## Tofu (issued if meets criteria)

- Mori-Nu Brand:
  - Silken Tofu Soft (12 oz)
  - Silken Tofu Firm (12.3 oz)
  - Silken Tofu Extra Firm (12.3 oz)
  - Silken Lite Tofu Firm (12.3 oz)
  - Organic Silken Tofu Firm (12.3 oz)
- Azumaya Brand:
  - Firm Tofu (14 oz)
- NaSoya Brand:
  - Firm Tofu-Organic (14 oz)
  - Silken Tofu-Organic (16 oz)



## For Infants

### Infant Formula

- Brand, type and size printed on WIC check



### Infant Cereal

- Plain, dry only (8 or 16 oz)



- Beech-Nut
  - Barley
  - Multigrain
  - Oatmeal
  - Rice

- Gerber
  - Mixed
  - Oatmeal
  - Rice

- Nature's Goodness
  - Mixed
  - Oatmeal
  - Rice

### Infant Fruit

- Only Applesauce, Apricot, Banana, Peach and Pears (4 oz jar)
- Any texture
- No mixed fruits



### Infant Vegetables

- Only Carrots, Green Beans, Peas, Squash and Sweet Potatoes (4 oz jar)
- Any texture
- No mixed vegetables



Infant foods not allowed: Organic, Multiple-packs, and added DHA/ARA.

## For Fully Breastfed Infants Only

### Infant Meats

- Only Beef, Chicken, Ham, Lamb, Turkey and Veal (2.5 oz jar)
- Any texture, with broth or gravy



## For Fully Breastfeeding Women

### Canned Fish

- Light Tuna, water packed (5 or 6 oz)
- Chunk, solid or grated
- Pink Salmon (5.6, or 7.5 oz)
- Water packed only
- Sardines (3.75 oz)
- Water or soybean oil packed

Missouri Department of Health and Senior Services  
WIC and Nutrition Services  
P.O. Box 570  
Jefferson City, MO 65102-0570  
573-751-6804

www.dhss.mo.gov/wic

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Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6804. Hearing and speech impaired citizens telephone 1-800-735-2686. VOICED 1-800-735-2686.

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WIC-940 (09-09)

Missouri  
**WIC**  
Special Supplemental Nutrition Program  
for Women, Infants and Children

## Approved Food List

eating well &  
staying healthy



Effective October 1, 2009 -  
September 30, 2011



# NEW


<http://www.dhss.mo.gov/wic/FoodPackages/index.html>



# Medical Documentation

## WIC 27

- Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.
- Medical documentation covers food; medical prescriptions do not.
- Medical documentation from the physician is needed before WIC can issue special formulas, soy milk and tofu for children.

 MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
WIC AND NUTRITION SERVICES  
Medical Documentation  
**Health Care Provider Authorization Form**

Medical documentation is federally required to ensure that the patient under your care has a medical condition that requires the use of specialty formula and that conventional foods are precluded, restricted, or inadequate to meet their special nutritional needs.

Instructions: Complete sections A and D for all patients. • To request a specialty formula and supplemental foods, also complete section B. • To request a soy beverage, tofu or additional cheese, also complete section C. The Missouri WIC Program will not authorize issuance for: • Nonspecific symptoms, such as intolerance, fussiness, gas, spitting up, constipation, or colic. • Enhancing nutrient intake or managing body weight without an underlying medical condition. Fax form to WIC clinic or have WIC participant return form to clinic.		Local Agency:  Phone:  Fax:
<b>A. Patient Information (Completed by Physician Office Staff)</b>		
Patient's Name: (Last, First, MI):		DOB:
Parent/Caregiver's Name:	Height:	Weight:
Medical Reason/Dx: (Qualifying Condition) *MO WIC Risk Factor eligibility in parenthesis. <input type="checkbox"/> Prematurity (*RF 142) <input type="checkbox"/> Gastrointestinal Disorders (*RF 342) <input type="checkbox"/> Low Birth Weight (*RF 141) <input type="checkbox"/> Malabsorption Syndromes (*RF 341) <input type="checkbox"/> Failure to Thrive (*RF 134) <input type="checkbox"/> Immune System Disorder (*RF 300) <input type="checkbox"/> Metabolic Disorders (*RF 355) <input type="checkbox"/> Severe Food Allergy (*RF 353)		
<input type="checkbox"/> Other-Describe (Life Threatening Disorders, Diseases and Medical Conditions that impair digestion, absorption, or utilization of nutrients that could adversely affect the participant's nutrition status). (*RF341-352)		
Approval Length: <input type="checkbox"/> 1 month <input type="checkbox"/> 2 months <input type="checkbox"/> 3 months <input type="checkbox"/> 4 months <input type="checkbox"/> 5 months <input type="checkbox"/> 6 months (max)		
<b>B. Specialty Formula and WIC Supplemental Foods (Completed by Physician Office Staff)</b>		
Formula Requested (see approved list on back):		
Prescribed Amount: <input type="checkbox"/> maximum allowable OR <input type="checkbox"/> _____ oz/day		
Special Instructions/Mixing for Formula Requested:		
Supplemental Food: (check one) <input type="checkbox"/> Issue full provision of age appropriate supplemental foods. <input type="checkbox"/> No WIC supplemental foods; provide formula only. <input type="checkbox"/> Issue a modified food package omitting the supplemental foods checked below.		Special Instructions for Supplemental Food:
WIC Participant Category	WIC Supplemental Foods (Check Food to Omit)	
Infants (0-11 mos)	<input type="checkbox"/> Infant Cereal <input type="checkbox"/> Infant Fruits/Vegetables	
Children (1-4 yrs) & Women	<input type="checkbox"/> Milk* <input type="checkbox"/> Cheese <input type="checkbox"/> Eggs <input type="checkbox"/> Juice <input type="checkbox"/> Breakfast Cereals <input type="checkbox"/> Legumes <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Fruits and Vegetables <input type="checkbox"/> Whole Grains <input type="checkbox"/> Fish (fully breastfeeding women only)	
*WIC provides low fat milk for women and children < 2 years of age. Whole Milk may be issued only to patients receiving specialty formula whose medical condition qualifies them. Only whole milk will be issued to 1 year olds.		
<b>C. Soy Beverage, Tofu or Additional Cheese (Completed by Physician Office Staff)</b>		
Check the boxes below to prescribe soy beverage, tofu or additional cheese:		
<input type="checkbox"/> Soy Beverage or Tofu for Children <input type="checkbox"/> > 4 lbs Tofu for Women (Prenatal, & Partially or Non-Breastfeeding)		<input type="checkbox"/> > 1 lb Cheese for Women or Children <input type="checkbox"/> > 8 lbs Tofu (for fully Breastfeeding Women)
Diagnosis (required): <input type="checkbox"/> Milk Allergy <input type="checkbox"/> Severe Lactose Maldigestion <input type="checkbox"/> Vegan Diet *Personal Preference is NOT an Allowed Reason.		
*Cheese, Tofu, & Soy Beverage amounts will be deducted from the maximum monthly allowance for reduced/low-fat milk, based on participant category.		
<b>D. Health Care Provider Information (Completed by Prescriptive Authority Licensed by the State)</b>		
Signature of Health Care Provider:		
Provider's Name: (please print)		<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PA <input type="checkbox"/> NP
Phone Number:		Date:

MO 580-2813 (10-09) WIC-27

<http://www.dhss.mo.gov/wic/FoodPackages/InfoforLWPs.html>

# When is Medical Documentation Required?

- Special infant formulas
- Any infant formula for children
- Medical foods for women and children
- Whole milk for anyone 2 years and older



# Medical Documentation (Continued)

## Cheese

- Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women
- Greater than 2 pounds for fully breastfeeding women

## Soy beverage

- For children (1–4 years old)

## Tofu

- Greater than 4 pounds for prenatal, partially and non-breastfeeding women
- Greater than 6 pounds for fully breastfeeding women
- Children any amount



# October 1, 2009

## New WIC Food Packages are coming in October 2009!



Food Packages will include:



*Baby food fruits and  
vegetables*



*Cash value checks for  
children and women to  
purchase fresh and/or  
frozen fruits and  
vegetables.*

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

# Sources:

- ▶ Food and Nutrition Service. WIC Food Packages.  
<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>
- ▶ WIC Works Resource System. New WIC Food Packages Resources for WIC Staff.  
[http://www.nal.usda.gov/wicworks/Learning\\_Center/Food\\_Packages.html](http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html)
- ▶ Food and Nutrition Service (FNS). WIC Food Packages.  
<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>
- ▶ California WIC Association. New WIC Foods: WICConnect <http://www.calwic.org/newfood.aspx>